

THINKWELLE- zine™

INSPIRING PEOPLE TO UNDERSTAND THEMSELVES

The newsletter for thinking people!

Issue 1 Volume 3 November 2003

What is happening to men?

I recently heard Linda Clarke on Radio NZ talking about boys, and she was speaking with an English mother, Jenni Murray, who has written a book "That's my boy"... In essence, what she says is that women started standing up for themselves 40 years ago and have since done a marvelous job of promoting "woman can do anything". In the process, they have ended up with "woman can do everything", i.e. two full time jobs. Men have adjusted to this, and know that women now can do anything and everything. But what has happened to men? Can men not do everything too?

*Women have very quickly taken on and accepted that trousers are a normal part of their wardrobe but men have not taken on the role of wearing skirts so readily! In Pacific Island and Middle Eastern cultures, "skirts" are considered a normal part of male attire, but put a western man in a "skirt" and it is suddenly "sissy" (with the exception of the Scots and their kilts) – like they are going to turn into a girl! Apparently, in the UK a short time back, there was an uproar when David Beckham wore a sarong! Well, **I haven't seen girls turn into boys because they wear trousers** – have you?*

Jenni Murray sited the example of her son at 3, who was so taken with dancing after visiting a show, he wanted to learn to dance. He started lessons and was thoroughly enjoying it until he started school. When he mentioned that he was doing dancing, he was ridiculed and laughed at -- he didn't want to do it any more. How sad. As a mother, I would not have considered offering the choice of dancing to my boys, however my eldest son, at age 16, chose to take dancing as a subject at senior school. One of two very courageous boys who decided to give dancing a go, in a mixed sex school. I was so proud of him. What is wrong with boys dancing anyway?

*I see a myriad of women's groups, but few men's groups. There used to be many men only groups until women began infiltrating them. Now many traditional male only groups have opened their doors to females, but I do not see men knocking at the door to join women only groups. **Can some of you men who receive this email tell me why?***

On the plus side for you guys, it is now more acceptable for you to use moisturisers on your face and remove body hair, but such men are called "metromen" and it certainly isn't the norm. For the life of me, I do not know why we have to remove our body hair. A culture seems to have developed in Western society that body hair is

offensive. If it is offensive, why on earth did nature provide us with hair? Does it distinguish between attractive and unattractive hair? I don't think so!

What is the matter with our society? Why do we put people into little boxes? Why can't we be ourselves, and do whatever our soul needs to do for it to grow and mature, to be fulfilled?

I know, as a mother, I have attempted to bring my boys up to believe they can do anything; that they have just as much responsibility to do the housework as the women do. Likewise, I have brought up my daughter so that she is capable of doing anything, and she is just as handy with a drill or weed eater as a vacuum cleaner.

The time has come for both males and females to understand that we all make choices in this world. It is okay for the woman to be the breadwinner and the man to be the homemaker. Men are just as capable of bringing up children as women -- the only thing men cannot do is bear the children and breast feed them (I'm afraid, guys, that still has to remain our job!), but you do have an equal partnership in making them.

Now, I am not pro men or anti men, nor am I pro women or anti women. What I am for is partnership. 50/50 partnerships. Like the making of children, each person has an equal share in bringing them up, doing the housework, gardening, educating the children, careers for both (if that is what both want) etc. **It is about choices that both people can live with – in partnership.** Maybe when this happens we will reduce the single parent rate, and children will have 2 parents as healthy role models, knowing that, regardless of their gender, they can do anything.

So, come on you men! I get heaps of pro women things across my email. How about you guys standing up for yourselves and letting us hear what it is like to be a man? You are just as capable of multitasking - **if you so choose.**

Leigh

Leigh is a Registered Nurse who practices as a Wellness and Lifestyle Guide. For workshops, **seminars, keynote presentations on stress, fatigue and lifestyle management** give me a call, email or, for more information, visit my website <http://www.thinkwell.co.nz>.

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Books for sale

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Interested in finding out more about the Health and Safety in Employment act and how it affects you, your business and employees? Contact Dr Frances

Pitsillis, Corporate Physician to find out about her next workshop.
drfrances@xtra.co.nz

National Speakers' Association NZ meets the last Tuesday of each month at the Sheraton, Auckland. For more information contact Maureen: biz@flyingfingers.co.nz

International Women's Symposium 14th February 2004 9am to 5pm. For more information contact szuson@worldofwomin.com or phone 02 1895887

The National Speakers Association of New Zealand invites you to learn in just 2 days how to
"TRIPLE your income using the Eight Core Competencies!" 9am – 4.30pm 22nd
November and 6th December 2003. For more information contact Secretary 09 3786430
during business hours
or email biz@flyingfingers.co.nz

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